

The following claims are presented for examination:

**Claims 1-15 (canceled)**

**16.** (new) A method of imparting spiral flow on blood passing through blood flow tubing comprising the step of providing within the blood flow tubing a helical formation formed from a biocompatible material and comprising an elongate member defining at least a portion of a helix wherein the elongate member comprises an inwardly extending portion which extends along the length of the elongate member, the inwardly extending portion extending inwardly from the internal side walls of the blood flow tubing for a distance equal to between 40% and 60% of the distance from the longitudinal axis of the blood flow tubing to an internal side wall.

**17.** (new) The method of claim 16, wherein the inwardly extending portion extends inwardly for a distance equal to between 45% and 55%.

**18.** (new) The method of claim 17, wherein the inwardly extending portion extends inwardly for a distance equal to substantially 50% of the distance from the longitudinal axis of the blood flow tubing to an internal side wall.

**19.** (new) The method of claim 16, wherein the blood flow tubing has a circular cross-section, and the distance that the inwardly extending portion extends inwardly is a percentage of the radius of the blood flow tubing.

**20.** (new) The method of claim 16, the helical formation comprising two or more inwardly extending formations, arranged in side-by-side relationship extending along the length of the elongate member.

**21.** (new) The method of claim 16, further comprising the step of mounting the helical formation on a side wall of the blood flow tubing.

**22.** (new) The method of claim 21, wherein the helical formation is in the form of an insert adapted to be inserted into the blood flow tubing.

**23.** (new) The method of claim 22, wherein the insert is removable from the blood flow tubing.

**24.** (new) The method of claim 21, wherein the helical formation is an integral part of the side wall of the blood flow tubing.

**25.** (new) The method of claim 24, further comprising the step of deforming a portion of the side wall of the blood flow tubing in order to form the helical formation.

**26.** (new) The method of claim 16, wherein the blood flow tubing comprises a vascular graft.

**27.** (new) The method of claim 21, wherein helical formation is comprised in a stent and the method comprises inserting the stent.